

Kids 'stay in school' with Teen Clinic

By JOSH Steve Weaver
Signature Staff



NAVHOSP staff personnel performs a sports physical on students.

Located inside the walls of the Stephen Decatur school on NAS I is something that helps students with their sniffles, coughs, aches and pains, and whatever may ail them.

It is also helping students continue with their daily activities with minimal interruption of their education.

The Teen Clinic was started in September 2001 for patients to increase access to medical care who are not typically willing to take time out of their day, and may lose a great majority of their school day in a hospital.

The clinic came from humble beginnings. "Originally it started out with just a little school desk and an examining table, that was it," said Lt. Cmdr. Kurt Eichenmuller, director of the Teen Clinic. The clinic saw approximately 20 physicians from the hospital rotating through on a weekly basis. "Every week there was a different person here," he said. "I would come over once every three months to see patients here."

The rotation was good for the physicians because it allowed them to practice adolescent medicine, but was not Clinic, page 6

ASF — NASSIG's extra lookout

By AN Michelle Watkins
Signature Staff

Rain or shine, holidays and long hours find patrolmen stationed at Sigonella standing watch and keeping a keen eye out for suspicious activity. Coming through the gate and having your identification checked might be the only communication that you may ever have with the patrolmen. However, their job is to make the Sigonellan community safe and protected from terrorists and other threats.

The Security Department not only relies on their own people to accomplish these; but also relies on those who are picked from different tenant commands and naval station departments; who go through training, to provide further assistance when more manpower is needed.

Auxiliary Security Force (ASF) was created to help augment or reinforce the permanent security force during force protection measures or exercises. ASF also acts like a reserve security team if Security needs to employ during emergencies.

"Right now the main goal of the ASF Academy is to provide Security with more man power to focus on force protection," said Training Cadre MA2 Rommel Cortezano.

Those picked go through four weeks loaded with training and information. Throughout the course they focus on physical fitness. "It is a pretty physical and mental school at the same time. They go through a lot of strenuous stuff that challenges not only their mind but their body whether or not they can on or if they want to quit...it [training] might come into play later on down the road," stated Cortezano.

The first two weeks of training are taught by Marine Cadres. During these two weeks they receive training on antiterrorism, post familiarization and force protection methods. At the last two-week mark Training Cadres Cortezano and MA1 Malvin Fikes and other Security patrolmen take over to teach hand-to-hand combat, pressure point control tactics (PPCT), firearms safety, weapon retention, law enforcement and the use of deadly force. ASF personnel also receive CPR training and first aid.

Once students graduate from ASF academy they stand duty for 18 months, twice a month, or as long as they are needed. However at the 18-month mark, ASF personnel can request to be taken out of ASF



A student loses control of his dummy pistol to another during weapon retention drills held at the NAS II gym as part of ASF Academy training.

through their command.

Those chosen for ASF must have at least 18 months left on the island, have clean records, be in good physical health and be a squared away Sailor according to Cortezano.

"When something happens or the force protection condition goes up, we want to be sure we can rely on ASF personnel to come out and help us stand our watches and be our extra look out," declared Cortezano.

Sigonellan wins AC of the Year

By JOSH Steve Weaver
Signature Staff

An air traffic controller from Naval Air Station Sigonella was recently awarded for excellence in her field.

AC1 Jennifer L. Weems is the recipient of the Admiral Robert B. Pirie Naval Air Traffic Controller of the Year Award for 2002. Weems was presented with the Commander Fleet Air Mediterranean Controller of the Year award on Feb. 19.

The award is presented each year to the top air traffic controller selected from COMFAIRMED overseas stations such as Naples, Rota, Souda Bay, and Sigonella.

Recipients are chosen based on their qualifications as an air traffic controller and other areas such as collateral duties.

Weems, who was designated as the Training Chief for the air traffic control division in May 2002, said a biennial COMNAVAIRLANT quality assurance evaluation that was held in October was one of the reasons she won the award. "Air traffic control has one major inspection where they come and check our training department, our procedures, our policies, our manuals, everything that we have in place for air traffic control," said Weems. She said the inspection turned up zero discrepancies for training, and was cited as one of the leading points to the air traffic control division. "We were the only air traffic control division in the Med that had zero discrepancies." Weems received personal accolades from the QA inspectors and was mentioned in the report to the Chief of

Winner, page 6



Third graders from Stephen Decatur and Caltagirone meet together for a field trip. The trip consisted of a tour of NAS II and a visit to NASSIG's Fire Department and HC-4. Students were not only given a chance to see the Fire Department in action but were also able to get up close to see one of the many helicopters HC-4 works on. After the trip they gathered for a barbeque, made friends, and talked about the day's events.



Learning together

Photos by
AN Michelle Watkins



Sigonellans make good showing in CFC

By JOSH Steve Weaver
Signature Staff

Sigonellans who gave their time and money in support of the Combined Federal Campaign were recognized for their efforts in an awards ceremony held on Feb. 21 at the base theater.

Sigonellans had the opportunity to give to the charities of their choice during the 2002 CFC in the months of October through December.

"Our mission in the DOD is to ensure all overseas military and DOD personnel have the opportunity to give to the charity of their choice during a once a year campaign," said Greg Sassman, director of the CFC Overseas Europe.

"It makes it very easy for us to open our doors and give everybody a chance to donate to a cause that has meaning to them," said Lt. William Clarke, material officer for the supply department and chairman of

the CFC for NASSIG in 2002. "We do it one time a year so it's in a controlled format, instead of constant contact throughout the year."

Individual commands and tenant commands at Naval Air Station Sigonella received awards based on their average contribution and/or percentage of participation. Capt. T. L. Davison, Commanding Officer of NASSIG, handed out each gold, silver, and bronze award to each participating unit.

Individual Sigonellans were also recognized for their time and effort.

"It takes a little bit of personal courage to share what you have with others," said Lt. William Clarke, material officer for the supply department and chairman of



Capt. T.L. Davison, Commanding Officer of NASSIG, gives Greg Sassman, director of the Combined Federal Campaign Overseas Europe, a check for \$181,819 raised during the 2002 CFC.

Hometown Weather
MM2 Lesly Montalvo, Security
Riverton, WY



High 36°F - Low 10°F
Chance of snow



Direct Line

Capt. Tim Davison
NASSIG
Commanding Officer

Webster defines a hero as a man admired for his achievements and noble qualities.

What do George Washington, Joshua Chamberlain and Neil Armstrong have in common? Not much individually but collectively, they helped define who we are as a nation and as a people. We have had heroes in our past and our present. There is no doubt we will have some in our future as well.

In 1775, the Second Continental Congress voted unanimously to appoint George Washington commander-in-chief of the Continental Army. The turning point for him came on Christmas night in 1776, when Washington led his army of cold, tired and hungry soldiers, many of them teenagers, across the Delaware River from Pennsylvania to New Jersey, where they surprised and defeated a professional army of Hessian mercenaries at the Battle of Trenton on December 26. Not only did Washington lead an undermanned, ill-trained army to defeat the British during the Revolutionary War but he was also the first leader of the United States. His faith and dedication to the cause of freedom were his highest priorities. “As the first of every thing, in our situation will serve to establish a Precedent,” he wrote James Madison, “it is devoutly wished on my part, that these precedents may be fixed on true principles.” He was a man of principles and convictions.

Joshua Chamberlain, the rhetoric professor from Bowdoin College in Brunswick, Maine, is best remembered for two great events. The first being the action at Little Round Top, on the second day of Gettysburg July 2, 1863, when then-Colonel Chamberlain and the 20th Maine held the extreme left flank of the Union line against a fierce rebel attack. The second was during the surrender of Lee’s Army of Northern Virginia at Appomattox, when Grant chose Chamberlain to receive the formal surrender of weapons and colors April 12, 1865. Always a chivalrous man, Chamberlain had his men salute the defeated Confederates as they marched by, evidence of his admiration of their valor and of Grant’s wish to encourage the rebel armies still in the field to accept the peace.

On July 20, 1969, Neil Armstrong, commander of Apollo 11, he was part of the first manned lunar landing mission, and gained the distinction of being the first man to land a craft on the Moon and the first man to step on its surface. He said, “Houston: Tranquility base here. The Eagle has landed.” But he is most known for saying, “that’s one small step for a man, one giant leap for mankind.”

Three ordinary men doing extraordinary things. Today, there are heroes among us. Ordinary people doing extraordinary things. One of our present day heroes would be Mrs. Sandee Roberts, a first grade teacher at Stephen Decatur Elementary School. Teaching is definitely a gift graced with patience (and lots of it)! Some people have it, some don’t. I know I couldn’t do it. The education of our children is probably the hardest thing to do in this world. While we are busy working, the teachers at our schools educate our children so that they can grow into the adults we will need tomorrow.

Next time you see a teacher, thank them for what they do. They are truly everyday heroes!

The Pulse

Rethinking estrogen replacement therapy


By John E. Moore D.O.

Post-menopausal women have been treated with Estrogen and Progesterone replacement for years to combat the symptoms of menopause and to protect them from bone loss leading to osteoporosis. In recent years research has found possible links between estrogen levels and Alzheimer’s disease, colon cancer, and cardiovascular disease. The links between estrogen and breast cancer, endometrial cancer, and blood clots have been known for some time, but no studies have shown that these problems significantly worsen with estrogen replacement. This past summer a large study published preliminary results that changed the way many patients and medical providers look at estrogen and progesterone replacement.

The Women’s Health Initiative studied, and continues to study, women who had naturally gone through menopause and those who had their ovaries removed surgically. The study is trying to make sense out of how estrogen and

progesterone replacement affected women in relation to not just their symptoms, but also the following diseases: breast cancer, colon cancer, endometrial cancer, cardiovascular disease, venous thrombosis, and osteoporosis. The study received a lot of publicity because a portion of it was stopped early due to some surprising and significant results. The study reinforced the belief that estrogen replacement helped to prevent bone loss and relieve post-menopausal symptoms. Incidence of colon cancer was reduced as well. The incidence of breast cancer and thrombosis were increased. Surprisingly, an increase in cardiovascular disease was also seen. While the adverse results were more than expected, all is not lost. The individual risk is still quite small. For example: if 10,000 women are treated with estrogen for a year, the study predicts that 8 more will get breast cancer than if they had not been on estrogen. The portion of the study that evaluated women who were surgically postmenopausal continues. It also did not evaluate short-term use for symptom relief only or the effect of different doses of estrogen. The estrogen and progesterone used in the study are not the same as those used in oral contraceptives or Depo Provera. The results of this study have no meaning in relation to contraceptives.

The findings of this study have prompted several changes in the recommendations for routine use of estrogen and progesterone. The U.S. Preventative Services Task Force has stated that they recommend against the use of estrogen replacement to prevent chronic disease. The American College of Obstetricians and Gynecologists recommend against the use for the prevention of cardiovascular disease and they recommend caution in using estrogen solely for the prevention of osteoporosis. The American Academy of Family Physicians has not changed their recommendation. They advise counseling women on the individual risks and benefits of hormone replacement based on the person’s risk factors and medical history. This is the approach that the medical providers at Naval Hospital Sigonella are using.



SECURITY BLOTTER

CRIME STOPPER'S HOTLINE
624-6389
Feb. 18 - Feb. 23

The following incidents were reported and categorized as follows:

Traffic accidents without injuries - 18
Traffic accident with injuries - 4
Car break-ins - 0
DUI - 2
DUI's 2003 - 11
DUI's 2002 - 35

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Letter to the Editor

Dear Sir,

I think people some times forget that, we as service members are ambassadors of the United States and that our conduct on and off work has a big impact on how our host country perceives us as a whole. I feel that we forget that it is just not our conduct alone, but also that of our families and the way that they interact with the communities around them. I live in Mineo and have been there since August of last year, since I’ve been there I have seen and heard of allot of garbage going on. People putting there kids in school in town and evading to pay for lunches or trying to avoid the bus driver, so he doesn’t collect for the service he is providing, which will ultimately leave him paying your bill to his company and him trying to recoup the money from you and HEY the school is free. This is not our home, it is a small extension of it, if we were back home your kid would be with the Child Protection Agency and you would probably be in jail for stupidity. Look at the dance school in Mineo; it’s thirty-five dollars a month and fifty dollars for the dance uniform. Compared to the dance schools back home where you will pay anywhere from \$140.00 to \$190.00 every two weeks just for the school, I think we are getting off cheap for good quality lessons for our children. Well not everybody, some people have to comment on everything and some to the point that they don’t care who is around. Well just like most of us are learning bits and pieces of Italian, guess what? We are not the only ones learning, most of the Italians here don’t know everything you are saying, but the stuff they do understand from these boisterous, ignorant people, they know is not good and either directed towards them or their country. Directly or indirectly there is a small group of people going around representing me, my family and my shipmates in a way other than what I would expect or do I condone. I’m here to enjoy the culture, the duty and offer my family an experience they might never had over seas. So what I’m saying is this, be mindful of what you do, say and what your loved one’s do because it’s not just you here! It’s you and me and I care about what kind of impression I leave and if I’m welcome back once I leave. You are ultimately responsible for you and everyone who came with you and it’s about time we start holding them accountable.

Sincerely,
PO Hennemann

Navy concludes ‘Crew Swap’ in Australia

By JO2 David McKee, Navy Public Affairs Center, San Diego

PERTH, Australia (NNS) — The U.S. Navy concluded the first of three crew swaps involving the Spruance-class destroyer USS Fletcher (DD 992), in Perth, Australia, recently.

The swap began when Sailors from the recently retired destroyer USS Kinkaid (DD 965) flew from their home port in San Diego to relieve the Fletcher crew. At a time when the Navy has more commitments and fewer resources, the U.S. Navy is trying the three-crew, one vessel experiment to maximize the deployment of naval assets.

“It takes 45 days for a crew to sail a ship from San Diego to the Persian Gulf,” said Lt. Cmdr. William B. Seaman Jr., Fletcher’s new executive officer. “This means that when you include the return trip, you have invested 90 days into getting that ship on station. By simply swapping crews, you maintain an asset in a particular region longer without tiring the crew.”

Commander, Naval Surface Force, U.S. Pacific Fleet, scheduled the sea swap initiative in the summer of 2002. As it was then, the intention is still to test the effectiveness of maintaining a single ship in a forward deployed location for 18 months while conducting only

periodic and minor maintenance. In six months, the crew of USS Oldendorf (DD 972) will take control of Fletcher. Oldendorf will then be decommissioned. Four months later, Fletcher will return to the U.S. where it will be decommissioned. This will conclude the first phase of the sea swap trial, which will be followed up by a second phase involving Arleigh Burke-class destroyers. Since the sea swap initiative is an ongoing experiment, SURFPAC staff members and members of the crew from Oldendorf (DD 972) were on hand to observe the evolution. They met Fletcher in Bahrain and rode it back with Sailors from Kinkaid.

“We found that the crew was more than ready,” said Master Chief David W. Flannery, who is assigned to SURFPAC. “We did most of the turnover of responsibilities underway with crew members of Kinkaid who boarded in Bahrain.”



U.S. Navy photo

USS Fletcher (DD 992) pulls pierside to begin the first “Sea Swap”. Fletcher’s crew just completed a six-month deployment with the Abraham Lincoln Battle Group, will be relieved by the crew of the recently decommissioned USS Kinkaid (DD 965).

The first step is complete, and only time will reveal how well the ship will physically hold up under a deployment phase that is three times longer than normal. Still, Flannery observed that the sea swap initiative is off to a good beginning.

“It went smoothly,” Flannery said. “I haven’t seen the statistics, but it looked like a well-executed plan.”

“My Big Fat Greek Cold”

By Chaplain Tim Moore

Command Chaplain

That’s right... a big, fat Greek cold! I went to Greece last week and brought my family back some pretty cool Greek gifts, but all I got was a big fat Greek cold. Now I’m not sure if that’s better or worse than an Italian cold or an American cold or any other nationality of the cold variety. All I know is that I was one miserable fellow.

You know how it is when you get a cold, you are cranky with everyone, you don’t feel like talking to anyone, you feel achy all over and all you want is to curl up and be left alone. Well, that’s pretty much what I felt like. It was as if I had just been run over by a souvlaki truck. I got home from my week-long trip and instead of running to me, my family was running from me, ready to send me back to Greece because I was so miserable and out of balance.

Something as simple as a common cold can throw our world into a tailspin, at least on a temporary basis. This minor illness caused me to think about how other things can effect our lives and the lives of others around us.

It serves as a reminder that our lives are not as neat and compartmentalized as we would like to think they are. Our thoughts, deeds, actions, or lack there

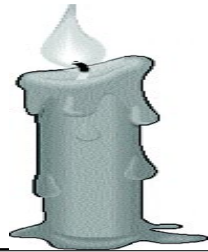
of, can really effect other areas of our lives in a major way. While this “theory” is not absolute in all situations, there is considerable evidence that our true person comes out in our personal and professional relationships regardless or how much we try to mask the “real me.”

Balance in our lives is essential. Eating the right kinds of foods, getting the proper amounts of rest, and working out are all repeated instructions to aide us in our physical well-being. Treating others with respect, “doing unto others as you would have them do unto you” are guidelines to assist us in developing appropriate relationships.

With regard to separation of family relationships and the job, how many times are we guilty of bringing home our work with us?

Each of us have our own individual balance we need to achieve in all aspects of our lives. We should realize that total development is not only physical and professional but also relational, emotional, psychological and spiritual. These areas are often overlooked or even left out of our lives and leave us out of balance and even feeling “cranky”.

If you come up with a “Big Fat Greek Cold”, see your doctor (by the way, thanks Doc Mitchell). If you are feeling cranky and out of “balance” in your life in one area or another, get in touch with someone that can provide some assistance.



NAS Sigonella Worship Opportunities

Catholic Mass
Saturday 5 p.m. Chapel (NAS II)
Sunday 9 a.m. Chapel (NAS I)
Sunday 9 a.m. in Italian 41st Stormo Chapel (NAS II)
Sunday 11 a.m. Community Center (Mineo)

Protestant Worship
Sunday 9 a.m. Community Center (Mineo)
Sunday 11 a.m. Chapel (NAS I)
Sunday 6 p.m. Chapel (NAS I)

Latter Day Saints
Sunday 1 p.m. Chapel (NAS I)

Church of Christ
Sunday 3:30 p.m. Chapel (NAS I)

Weekdays
Daily Catholic Mass 11:30 a.m. (NAS I & II Chapels)
Wednesday Protestant Bible Study 4:45 p.m. (NAS II Chapel)
For more details, call 624-4295 or 624-2947.

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NAVY NEWS

Unique brigade protects USA from BSE

By Robert Szostek, USEUCOM Customs PAO

Mannheim, Germany –The U.S. Department of Agriculture has a special force to protect American agriculture, and the health and standard of living of all Americans. These Beagle Brigade teams consist of a beagle dog in a green jacket and its handler.

“Foreign meat products can contain animal diseases such as Foot and Mouth Disease or Bovine Spongiform Encephalopathy (BSE),” said Delcio Rivera, USDA’s adviser to the European Command. These products can inadvertently enter the food chain and cause disease among farm animals if taken stateside by travelers or mailed by people stationed overseas. “USDA’s Beagle Brigade is a group of passively trained dogs that detect fruits, plants, and meat products that

could contain harmful pests or diseases,” he added. Diseases like the ‘mad cow disease’ now spreading in Europe are a constant threat to U.S. agriculture and can cost taxpayers hundreds of millions of dollars to eradicate.

Beagle Brigade dogs sniff the baggage of international passengers going through inspection areas. When they detect agricultural items, the dogs sit to alert their partners who then check the bags, confiscate prohibited items and give the dogs a food reward. The canine officer may also refer violators for further inspection with X-ray machines. Beagles’ natural love of food makes them effective detectives. After one year of experience, beagles sniff out prohibited material 80 percent of the time. Their success rate rises to about 90 percent after two

years’ experience. The Beagle Brigade program started at Los Angeles 13 years ago and now has more than 45 teams at 19 international airports. You can find out more about the Beagle Brigade on the Web at www.aphis.usda.gov/travel/beagle.html.

Travelers who do not declare agricultural items can be fined up to \$250 on the spot. Military and government personnel who mail banned foods are sent fine notices of \$100. Prohibited goods are confiscated and destroyed without compensation. For more information about which agricultural items are banned, obtain the “Traveler’s Tips” pamphlet from the military customs office located at personal property building telephone number 624-6187 or an online version at www.aphis.usda.gov/oa/travel.html.

Mishaps provides information for NAVAIR

By Vicky Falcón, Naval Air Systems Command Public Affairs

PATUXENT RIVER, Md. (NNS) — When a U.S. Navy F-14 Tomcat pilot and his radar interceptor were forced to eject from their aircraft into the Caribbean late last month, they probably didn’t know how valuable their experience was to a small group of men and women at the Naval Air Systems Command (NAVAIR) facility in Patuxent River, Md.

Once safely rescued, the pilot and crew were able to shed their wet flight gear and return to their daily routines. That flight gear and the salvaged survival equipment were then packed into plastic bags and sent to NAVAIR’s life support systems team for detailed analysis. The ejection seat should eventually end up at one of NAVAIR’s escape and crashworthy systems fleet support team locations - NAVAIR Cherry Point, N.C.; NAVAIR China Lake, Calif.; NAVAIR Jacksonville, Fla.; NAVAIR North Island, Calif.; or at NAVAIR Patuxent River.

Real-life testing of a product is the way to generate the most accurate and valuable data, but getting that type of evaluation for aviation flight gear and survival equipment is difficult.

“We don’t get a lot of pilots volunteering to eject from their aircraft,” said Lt.

Cmdr. Matthew Hebert, life support systems team leader. But according to Hebert, a crash is the ultimate test for their equipment. “Other tests just don’t give us the same results.”

“We are the service station for flight equipment,” said Hebert. “We fix broken equipment, we make modifications and we make sure it all integrates the way it’s supposed to with other equipment, the aircrew and the aircraft.”

Part of making sure every piece is working correctly involves inspecting those pieces that get used in a mishap. Once the gear arrives at Patuxent River, the fleet support team pours over every inch of every piece for verification that the equipment performed properly. If a product did not live up to expectations, engineers and technicians immediately begin to look at design changes and modifications.

“Even though the escape was a success,” such as last month’s F-14 crash, said Hebert, “We still need to see the equipment— we want to know how to make it even better.”

“We treat the equipment from a mishap like gold,” he continued. “We want to prove our point over and over again. When integrated properly, (our equipment) saves lives - and we’re in the business to save lives.”

John Mountjoy agrees. As team leader for the escape and crashworthy systems fleet support team at NAVAIR, he, too, is working to save lives. Maintaining older models of ejection seats, fielding new models, developing future systems and performing mishap investigations are all part of his job. And it’s a labor of love.

“It’s great when you go out to a mishap and are able to interview the guy you saved,” said Mountjoy. “That validates what we do.”

According to Mountjoy, new technology and more integrated systems are improving the safety of U.S. Navy and Marine Corps pilots.

“The escape systems and cockpit for the new Joint Strike Fighter are being designed as an integrated whole,” said Mountjoy. “Elements of the seat are active constantly, requiring a seamless integration between the man, the helmet, the cockpit and the seat.”

Mountjoy’s team also develops crashworthy seats for helicopters. Those seats carry the survival gear that could mean the difference between life and death for the men and women aboard.

“Those seats are designed to absorb the impact of a hard landing,” said Mountjoy. And the emergency radio beacon, flashlight, flares, water, raft and fishing gear can keep you alive until help arrives.”

Current ejection seats in use include advances made by Mountjoy’s team to make the configuration of ejection seats suitable for both small females and large men - improving the chances of survival for both extremes.

And another improvement could be available to the fleet as early as this spring. Extended flying time to perform missions in Afghanistan has led to increased crew fatigue, said Mountjoy. Final testing of changes to make the seats more comfortable are underway now, he said, which should result in less incidence of chronic back pain and leg numbness for those who sit in them.

“Anything we add cannot degrade the ejection process, though,” cautioned Mountjoy. “Knowing that what we do and what we design is saving lives gives us tremendous satisfaction.”



Flight deck Sailors run to get behind the “foul line” before an F-14 “Tomcat” assigned to the “Black Lions” Fighter Squadron Two One Three (VF-213) is launched from the flight deck.

Photo by PH2 Jeremy Hall

Recap CORNER Key and essential quarters Demolish & Build

The remaining Key and Essential Quarters (104 – 114) will be turned over to the contractor for demolition on March 1, right after our last resident moves to Marinai at the end of February.

The first three quarters (101 – 103) were demolished as one of the first steps of the MEGA III construction to provide the contractor with direct access to the site for the chapel, administration building and community center, so that construction traffic did not come through the main gate.

Their demolition also provided us with a temporary parking lot on the western side of the base.

The quarters, built in 1959, will be replaced with eight four-bedroom units ranging in size from 2,310 to 2,772 square feet in three different floor plans. Congress funded the new quarters in 1993 under project H-588 and as a result of Rep. Hobson’s visit we have requested project reprogramming to increase the unit sizes by

about 10 percent above the areas originally approved.

How SIG 2.3 Affects You: On March 1, we plan to continue the utilities installations (sanitary sewer, communications and gas lines) in Halsey Road in the area in front of the Stephen Decatur School. There will be one lane of traffic from the eastern corner of the school to the corner leading to the temporary parking area near the side gate.

School busses will begin to use the loop road around the park on March 25 when the southern sidewalk is complete.

Bollards at the entrances to the loop road around the park will exclude all vehicles except the school busses, PW Maintenance, Security and Fire Vehicles, and the contractor as they finish work on the Pre-School/Kindergarten.

Limiting traffic around the park is a safety measure for the children playing in the park and for the students being picked up and dropped off for school.

Foot and Mouth Disease

By Robert Szostek, USEUCOM Customs PAO

Mannheim, Germany - There is growing fear in Europe that Foot and Mouth Disease (FMD) will spread. Now that it is known that the dangerous animal disease has existed in Britain far longer than originally believed, the U.S. European Command’s Customs Executive Agency warns travelers of the danger of importing the disease through food or dirt on shoes. U.S. personnel traveling to the United Kingdom are advised to stay away from livestock farms and not to take any meat or dairy products with them when they leave the country. These include sausages, meat pies, cheese, butter, yogurt and milk. U.S. personnel stationed in the country are likewise advised to leave these products behind when they travel abroad.

The British Ministry of Agriculture has advised U.S. personnel in the UK to postpone unnecessary visits that might bring them into contact with livestock farms until the Foot and Mouth Disease outbreak is over. The FMD virus can be easily spread between animals, and members of the public should not do anything that increases the risk. One of the confirmed outbreaks is about 15 miles away from the U.S. base at RAF Croughton, another at Stroud is about 20 miles from RAF Fairford.

British Agriculture Minister Nick Brown said “Foot and mouth disease poses a potentially very serious risk to livestock farmers across the country. Ministry vets are urgently trying to establish whether the disease exists elsewhere in the country. “I would like to appeal to the public - particularly in the infected areas - to minimize the risks of spread; for the public this involves reducing contact with livestock and farms; for farmers it means operating the highest standards of hygiene. “I very much hope that this will apply for the shortest possible period of time and that the outbreak can be contained.”

People living in infected areas but having no contact with farm animals need take no special precautions but:

- should keep away from farm animals, travel on main roads where possible, respect any warning signs regarding disease;
- visits to farms should be restricted to the essential and be subject to disinfection routines;
- persons from rural parts of infected areas should not go on land where there is livestock;
- Dog owners in affected areas should keep their dogs under control.

Although horses are not susceptible to infection from foot and mouth, they can be involved in spreading it by infected material sticking to their hooves and by driving infected wild animals from their home areas. Certain pursuits are prohibited in infected areas. This includes hunting, point to point, racing and training of dogs and any other sport or recreational activity which may cause the disease to spread.

FMD is a severe, highly communicable viral disease of cattle and swine. It also affects sheep, goats, deer, and other cloven-hooved ruminants. The United States has been free of FMD since 1929, when the last of nine U.S. outbreaks was eradicated. Because it spreads widely and rapidly and because it has grave economic as well as physical consequences, FMD is one of the animal diseases that livestock owners dread. More information on FMD is available from the U.S. Department of Agriculture.

News Briefs

AFN decoder activation information

Customers who purchased new AFN decoders from the Navy Exchange and are extending beyond their original planned rotation date must update their information. Customers who purchased a decoder from an authorized member must register the unit to show ownership. Please bring your TID and UA numbers located on the back of the decoder unit to the Navy Exchange office for registration. Decoders are authorized until the customer’s PRD, or for three years. Retirees must update decoder data every three years. Updates prevent customers from having the decoders deactivated. This does not apply to rented decoders. Call Melinda Crowe at 624-4541.

School Registration

Stephen Decatur Secondary School will be sending out registration packets to parents Feb. 28. Packets must be returned by March 14. Kindergarten registration packets will be mailed March 10. Those who need to register again can do so from March 10 to 21. The dates for those not already registered are from March 24 to April 5.

Ash Wednesday

The times for the March 5, Roman Holy Mass and Distribution of ashes are:

6:30 a.m. NAS II Chapel
11:30 a.m. both chapels
5 p.m. NAS I
Protestant Distribution of Ashes is 5 p.m. at NAS II Chapel.

Jewish Shabbat Service

Celebrate Shabbat on Friday, Feb. 28. The service will be held at NAS I Chapel, 5 p.m.

Beam Barrier Installation

Be prepared for traffic delays, March 1 at NAS I Gate. There will be a beam barrier installed from 8 a.m. to 2 p.m. The access lane will be closed for three hours during the installation. The electric pole near the bus stop will also be moved. Plan accordingly.

Job Available

The U.S. Naval Hospital Sigonella, is soliciting for one part-time personalized service contract for one Phlebotomist. Sources must be eligible for U.S. Employment. Closing date is March 10. Solicitation packages are available at the Supply Dept. Purchasing Office NAS II. Call Mrs. Saladino at. 624-5723 or Mrs. Randazzo at 624-3792.

Korean War veterans to be honored in Ceremony

Special release from the Department of Defense

WASHINGTON (NNS) — On July 27, 1953, the United States, along with 21 other United Nations members, signed the armistice to end the Korean War. After returning home, many servicemembers never talked about their experiences.

The United States will honor these heroes during the National Salute to Korean War Veterans July 25-27 in Washington with a star-studded event at the MCI Center, a ceremony at the Tomb of the Unknowns in Arlington National Cemetery and a wreath laying and memorial ceremony at the Korean War Veterans Memorial on The Mall.

The event at the MCI Center will include musical performances by military and nationally-recognized artists, guest speakers and a parade of unit colors from all five branches of the U.S. military and the 21 other nations that participated under the United Nations Command during the war. This parade of colors will mark the first time all the colors of the major units from the Korean War have been brought together.

The Department of Defense has been sponsoring events across the country to honor Korean War veterans and family members for their sacrifice and service to their country. The DoD 50th Anniversary of the Korean War Commemoration Com-

mittee kicked off their events with a ceremony at the Korean War Veterans Memorial June 25, 2000, marking the 50th anniversary of the day North Korean military forces crossed the 38th Parallel in an attempt to take the freedom of South Korea.

Since the opening ceremony, the committee has sponsored more than 100 commemoration events in every region of the United States. There have also been hundreds of smaller, local events sponsored by the committee’s commemoration partners, which include more than 10,000 cities, states, schools, businesses and other organizations nationwide.

“The support the people of this coun-

try have provided us to thank and honor Korean War veterans has been tremendous,” said retired Air Force Maj. Gen. Nels Running, executive director of the DoD 50th Anniversary of the Korean War Commemoration Committee. “This three-day event in Washington, D.C., will be a great opportunity for the nation to take the time to recognize the 1.8 million Korean War veterans who stopped communist aggression in its tracks and preserved the freedom of the Republic of South Korea.”

For information about the Korean War or any of the upcoming events, call the DoD 50th Anniversary of the Korean War Commemoration Committee 1-866-KO-REA50 or visit www.korea50.mil.



By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Precious decorative objects exhibition in Trapani

An amazing collection of valuable decorative objects is currently being showcased through May 25 in Trapani at the *Museo Pepoli* (Pepoli Museum). Ranging from the 18th and the 19th century, this exhibition highlights the skills of ancient Trapani and western Sicilian goldsmiths and craftsmen that engraved stunning masterpieces out of coral, ivory, alabaster, tortoise, amber and mother-of-pearl.

On display are about 300 examples of decorative and fine arts objects such as reliquaries, furniture, silver, paintings, ceramics, household accessories, jewelry and textiles and more.

Materials in the exhibition have been loaned by the Regional Gallery of Modern Art housed at the Abatelli Palace in Palermo, Cathedral Museum, Palermo and Mazara del Vallo, the Trapani Archbishop Palace in Trapani, the Erice Cathedral, Mirto Palace, Palermo, The Whitaker Foundation and a number of private collections.

The museum is open Tuesday through Friday, 9 a.m.- 1:30 p.m.; Saturday and Sunday open 9 a.m.-12:30 p.m. and 3:30-7 p.m. Closed on Mondays.

The cost of one ticket is Euro 2,50 for adults. Admission is free for children under 18 years old and seniors over 60 years old. Pepoli museum also features a permanent collection of medieval and modern sculptures, paintings as well as a rich collection of archaeological findings, coins and decorative arts.

The museum is situated in via Conte Pepoli, n.200. It is housed in a 14th century Carmelite convent, which is located near the celebrated

Sanctuary of *Santissima Annunziata*, where the famous marble statue of the *Madonna of Trapani* (Virgin Mary of Trapani), attributed to Nino Pisano, is kept and venerated.

For more information please call the *Pepoli Museum* at 0923-531242.

New tourist info point in Catania

A new, centrally located tourist office recently opened in via Etnea n. 63 (near piazza Stesicoro). The mission of this new office is to further encourage and promote tourism to Catania and its province.

The multilingual staff at the agency provides guidance and information on travel conditions, attractions, events and tourist facilities.

The office is open continuously from 8 a.m. through 8 p.m. For more info call 095-7306222. Well worth a visit when you get to Catania.

Carnival fun continues in Misterbianco

In Misterbianco, Shrovetide (the three days, Shrove Sunday, Shrove Monday, and Shrove Tuesday, preceding Ash Wednesday) Carnival festivities are particularly noteworthy in Sicily as they feature spectacular fancy dress processions, shows, disguises and float parades.

In the past, Misterbianco Carnival celebrations were linked to both the Sicilian tradition of *A Mascara* (Carnival Masks) and the *Comari* (godmother or gossip woman).

Mascari were humorous and funny comedies, which were staged by local peasants in differ-

ent areas of Misterbianco on the first Sunday of Carnival. Four Sicilian carts were drawn up together to make the stage.

Contests for the best show or the best quip were also popular as the plays were staged in several city districts that rivaled each other. These plays were the first example of carnival outdoor shows.

The *Comari* tradition refers to a social event, which was celebrated on Thursday before Lent. In the afternoon, all the women of the Misterbianco districts used to meet in order to *cuttigghiari* (gossip) and eat together. In the evening, they went out to dance in the main square wearing the *Domino* (a special costume which disguised their identity).

The *Domino* was the first Carnival costume. In the 1970s, the typical Carnival masks replaced it. Colored floats were used to parade the streets of the city.

Competitions for the best float were as well organized. Yet, dancing has always been an important hallmark of the Misterbianco carnival.

By tradition, some townspeople used to make available a room from their home to carnival parties. These rooms were called *tambureddi*.

This year, spectacular costume and float parades beginning at 3:30 p.m. will be held on March 2 and 4, and will tour the streets of the historic center. Colorful masquerade parades will be held on March 1 at 7:30 p.m. A music show will be performed on *Martedì Grasso* (Fat Tuesday) on March 4 in piazza Pertini at 9 p.m.



Picture courtesy of Trapani Pepoli Museum

This breathtaking intricately carved elephant tusk dating back to 18th century depicts the Universal Judgment. It has been loaned from the Regional Gallery of Modern Art in Palermo and is one of the 300 amazing objects all made or used in Sicily between 18th and the 19th century that are currently on view through May 25 at the Pepoli Museum in Trapani.

SUNDAY		MONAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
COMMUNITY CALENDAR											28 February	Secondary School Registration Packets sent out return March 14	
2 March	Acireale Carnevale Call ITT 624-4396	3 Intermural Soccer 5-on-5 Call 624-2710	4 Bellini Opera Tickets on sale Call ITT 624-4396	5 Amy Jane McCabe Concert 8:30 p.m. Live Wire	6 E-6 Exam 6:45 a.m. Nas II Gym	7 No School	8 Golf Tourney 4 Person Scramble 8:30 a.m. Il Picciolo Golf Club 624-4483/5243						
9	Siracusa and Sea Food Resturant Call ITT 624-4396	10 Kindergarten Registration Packets mailed to parents re-registration until March 21	11 Travel Club Meeting 4:30 to 5:30 p.m. Take 5 624-5187	12 Rainbow Play Group 10 to 11 a.m. 205 Housing	13 E-5 Exam 6:45 a.m. NAS II Gym	14 Shake Your Shamrock Festival until March 15 Noon to Midnight NAS I	15 Paintball depart NAS I 8:30 a.m. Liberty 624-5187						
16	Wine Tasting and Artists' Studio Tour ITT 624-4396	17 St. Patricks Day	18 Alcoholics Anonymous Every Tuesday 7 p.m. Community Building room 203	19 Navy College New Hours Mon-Thur 8:30 a.m. to 3:30 p.m. Fri 8:30 a.m. to 12:20 p.m.	20 E-4 Exam 6:45 a.m. NAS II Gym Acireale City and Shopping ITT Call 624-4396	21 Mardi Gras Day 4 to 5 p.m. BLAST Call 624-3712	22 Catania Market Trip 9 a.m. Liberty Call 624-5187						
23	Wine Tasting and Studio Tour ITT Call 624-4396	24 Kindergarten Registration until April 7	25 Boys and Girls of America Torch Club every Tuesday 4 to 5 p.m. 205 Housing	26 Treasure Hunt 4 to 5 p.m. BLAST Call 624-3712	27 Taormina City and Shopping ITT Call 624-4396	28 Free Volleyball Clinic 4:30 to 6:30 NAS II Gym Call 624-5243	29 Agrigento Valley of the Temples ITT Call 624-4396						

Clinic from front

good for the patients. “They would see a different doctor every week. It became somewhat of a barrier to confidentiality, and a barrier to being comfortable with the provider,” Eichenmuller said.

Eichenmuller was not an advocate of the clinic from the start because the idea was not catching on. “I thought it was kind of a waste of time to come in here and sit for four hours in the middle of the day and nobody would come in.” He said the students that did come in did not feel comfortable enough to express their problems.

This started to change in July 2002 when Eichenmuller took over the clinic and limited the number of physicians, bringing more consistency of care to the clinic. “That caused the clinic’s numbers to increase by almost 50 percent,” said Eichenmuller. He said the patients wanted a familiar face they could recognize. “They feel comfortable because they know me and they know what I’m going to do and what’s going to happen next. Before, they had one of 20 people here and they didn’t know what to expect.” Eichenmuller currently rotates time in the clinic with two other providers.

Jenny Martinez, a Red Cross volunteer medical assistant at the teen clinic, is present every Wednesday to check patients in and take vital signs. “Ms. Martinez is the standard face that’s here everyday that the patients can see and know is always going to be there,” Eichenmuller said.

The clinic has also been trying to achieve a more hospital-like status since July. A major step towards making this possible was instituting Composite Health Care System access at the clinic. According to the website <http://citpo.ha.osd.mil/>, CHCS provides worldwide automated medical information system support to all Military Treatment Facilities in providing comprehensive, high quality health care to uniformed service personnel, retirees, and their families.

With the new CHCS system instituted last July, physicians at the clinic can write prescriptions, write orders for X-rays and labs, and write consults. “We used to have to write them down on a piece of paper, go back to the hospital, and remember why we ordered what we did. It was really ridiculous,” Eichenmuller said. They can also review X-rays, review medical histories and medication profiles. “We can provide virtually everything that you can have done in the hospital, except for X-rays and on-the-site consults from specialists,” he said.

The clinic is also establishing a pharmacy to make things easier for students. The pharmacy is approved by the Pharmacy and Therapeutic Committee, but is awaiting final authorization from the hospital command. Until the pharmacy is approved,

some patients still have to be sent to the hospital to pick up medications. “Right now we have almost all the over-the-counter medication we have over at the hospital, plus some additional medications that aren’t over-the-counter that are given a lot to teenagers,” said Eichenmuller. Depending on how the clinic does, the pharmacy may expand to include some antibiotics.

“Now that we have a pharmacy, we can give them medication right here so they don’t have to wait until after school. They can just feel better right away,” said Martinez.

The number one concern of the clinic is viral and upper respiratory infections such as colds, flu, strep throat and pneumonia. The second concern is sports physicals. “Sports physicals are one of our primary missions here to keep our students involved and active, Eichenmuller said. The final concern is miscellaneous teen issues such as attention deficit hyper-activity disorder, sports injuries, and skin problems.

Eichenmuller said part of the Teen Clinic’s charter includes no contraception. “We don’t see patients at the Teen Clinic for contraceptive issues,” he said. “Patients can go over to the hospital for further contraceptive needs.”

For patients to be seen at the clinic, a consent form must be signed. There are three questions on the form for the patient to mark yes or no. The questions pertain to discussing drugs, alcohol, behavior problems, social, and sexual issues. Based on the provider, patients who have a no marked in any of these spots may or may not be seen. “Right now, all the providers are in agreement that they won’t see any patients who have no’s checked in these three spots,” said Eichenmuller. “We’ll still see them in the teen clinic if a parent accompanies them.”

Since starting in 2001, the Teen clinic has made strides toward keeping students healthy and moving forward. “A lot of parents are grateful for it. We hear a lot of good things from the kids too,” said Martinez. “They enjoy coming here instead of having to go all the way to the hospital, taking a day off from school.”

“Even people who didn’t approve of the clinic from the beginning, have now found it to be one of the most useful medical tools on the island for their childrens health,” said Eichenmuller.

The clinic now sees a full schedule regularly. “Based on our numbers, we’re fully packed now,” Eichenmuller said. “All our slots are full, that’s why I’m considering opening on another day.”

The Teen Clinic at the Stephen Decatur School is open Wednesdays from 9 a.m. to 12 p.m. For more information, and to schedule appointments, call Kathy Thomas at 624-3254

Winner, page 6

Naval Operations. “They were really impressed with the training records that I did, and the training program that we had here in general.”

Training is one of the things Weems does best. She was selected as the training chief due to her superior technical knowledge of air traffic control procedures. “I’m an academic hound. I love training, that’s one of my fortes,” said Weems. Training is crucial in a facility staffed with 80 percent first-time controllers.

“Being able to teach people is her finest attribute,” said AC2 Josh Huston, an air traffic controller. “Whether it’s about the rate, or about the Navy in general.”

Weems said one of the most difficult things an air traffic controller must learn is regulations. “They have to know International Civil Aviation Organization regulations, Federal Aviation Administration regulations, and military rules and regulations. And on top of that, the Italians have their own special regulations,” said Weems. “It’s extremely challenging here for them to figure out which rule and what regulation applies in each instance.”

Weems took over two months to completely revise and implement the NASSIG Facility Manual to provide a better reference for current and future air traffic controllers. “I started a process with Lesson Topic Guides, a breakdown of a manual in an outline form for the positions and the different processes here. It’s a lot easier to read,” said Weems.

“She’s really on top of things, she knows her job pretty well,” said AC2 Jennifer Hirsch, an air traffic controller.

Another reason Weems believes she won was due to her duties outside the realm of air traffic control. Weems teaches Navy Rights and Regulations classes as part of the Command Training Team. She dedicates her off-duty time to organizations such as the Navy Ball Committee and the Girl Scouts. She is also the secretary of the E-6 association and the Assistant Department Career Counselor. “I like being busy,” said Weems. “ I’m one of

those people. I like having something to do.” Weems keeps a full slate, but is always there to help. “In probably one of the most strenuous schedules on this base, she does everything she can to make our job easier and less stressful,” said Huston.

Her abilities and leadership are rubbing off on other controllers. “In three months working under petty officer Weems, I learned more about leadership than I did in the five years before I was here,” said Huston. Her encouragement of junior controllers made Weems directly responsible for 48 qualifications, including 13 supervisor designations. “I try to follow in her footsteps. She’s an example for me, a good leader,” said Hirsch. “She got me in line with the whole training program.”

Weems doesn’t mind a little friendly competition. “I know all of my competition, and I have some pretty good competition out there,” she said. “I’m extremely proud that I got as far as I did because I know these people, they’re out there doing the same kinds of things that I’m doing. They’re working as hard as I am. It’s an Air Traffic Control pride thing.”

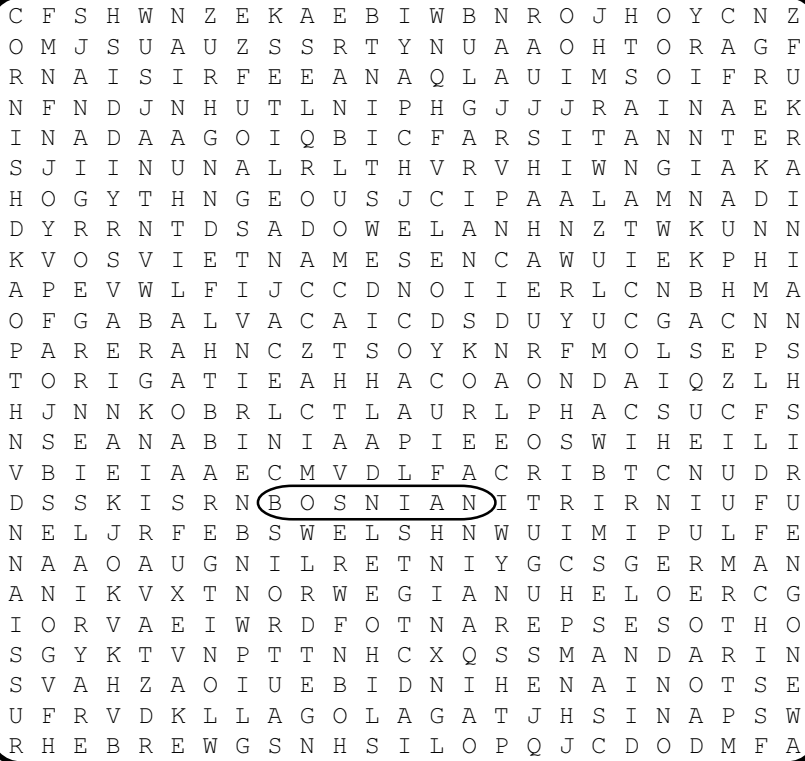
To those who work with Weems, she definitely deserves the award. “I’m glad all of her hard work was recognized,” said Lt. April Sarmento, air traffic control facility officer.

“ I have to give thanks to my family who stands by me while I’m busy doing the 50 million things that I have to do to win these kind of awards,” said Weems.

Photo by LCDR Shawn McNamee

Word Find

World Languages



AFRIKAANS	CROATIAN	GEORGIAN	LATIN	SLOVAK
ARABIC	CZECH	GERMAN	LATVIAN	SLOVENIAN
AZERBAIJANI	DANISH	GREEK	LITHUANIAN	SPANISH
BASQUE	DUTCH	HAWAIIAN	MALAYSIAN	SWAHILI
BENGALI	ENGLISH	HEBREW	MANDARIN	SWEDISH
BOSNIAN	ESPERANTO	HINDI	NORWEGIAN	TAGALOG
BRETON	ESTONIAN	HUNGARIAN	OCCITAN	THAI
BULGARIAN	EURISH	ICELANDIC	POLISH	TURKISH
CANTONESE	FARSI	INDONESIAN	PORTUGUESE	UKRAINIAN
CATALAN	FINNISH	INTERLINGUA	ROMANIAN	VIETNAMESE
CHINESE	FRENCH	IRISH	RUSSIAN	WELSH
CORNISH	FRISIAN	ITALIAN	SERBIAN	YIDDISH
CREOLE	GALICIAN	KOREAN	SESOTHO	ZULU

TRIVIA

What creatures don't sleep?
How long did King Louis XIX rule France?
What country is the largest exporter of sugar?
What was Willian Shakespeare's father's name?
What is the large disc used in Tiddlywinks called?

(Answers on page 8)

Movie Connection

MOVIE's Theater Schedule

Friday, Feb. 28

	1 p.m. <i>Maid in Manhattan (PG-13)</i>
	5:30 p.m. <i>The Recruit (PG-13)</i>
	8 p.m. <i>Daredevil (PG-13)</i>

Saturday, Mar. 1

	11 a.m. <i>Lord of the Rings: Two Towers (PG-13)</i>
	2:30 p.m. <i>Antwone Fisher (PG-13)</i>
	5 p.m. <i>Solaris (PG-13)</i>
	7 p.m. <i>Catch Me If You Can (PG-13) **</i>
	10:30 p.m. <i>Daredevil (PG-13)</i>

Sunday, Mar. 2

	1 p.m. <i>The Wild Thornberrys (PG)</i>
	3:30 p.m. <i>Shanghai Knights (PG-13)</i>
	6 p.m. <i>The Recruit (PG-13)</i>

Monday, Mar. 3

	5:30 p.m. <i>Drumline (PG-13) *</i>
	8 p.m. <i>Two Weeks Notice (PG-13)</i>
	5:30 p.m. <i>Maid in Manhattan (PG-13)</i>

Tuesday, Mar. 4

	8 p.m. <i>The Recruit (PG-13)</i>
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Wednesday, Mar. 5

	5:30 p.m. <i>Antwone Fisher (PG-13)</i>
	8 p.m. <i>Daredevil (PG-13)</i>

Thursday, Mar. 6

	5:30 p.m. <i>Star Trek: Nemesis (PG-13) *</i>
	8 p.m. <i>Lord of the Rings: Two Towers (PG-13) *</i>

Friday, Mar. 7

	5:30 p.m. <i>Catch Me If You Can (PG-13)</i>
	9 p.m. <i>A Guy Thing (PG-13) **</i>
	10 p.m. <i>Dare Devil (PG-13)</i>

*** Future Re-release **Sneak Preview *Last Showing
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at

Shout

DoDDs students talk about what's happening in the community

PARENT SEMINAR

Parents of our school children are an integral part of their child's education and growth and success in school. Research indicates that student success can be attributed to parents who take active roles in their child's education and develop partnerships with the school.

You are cordially invited to attend a Parent Seminar at Stephen Decatur Media Center on Tuesday, March 4 beginning at 10 a.m. Margaretta Rower, assistant principal, will present issues and topics to enhance student success in school. Specifically she will focus on the development of reading and language skills and the DODEA standards in Language Arts at the elementary grade levels.

ASACS Parenting Seminars 2003

Presenter: Young-Hee Yoo, Licensed Clinical Social Worker
Place: High school Library, Weds, from 5:00 P.M. till 6:30 P.M.

Part 1: "The Journey into Adulthood: Teen Development" (3/5/03)

If you remember the "Terrible twos" or "Trying Threes" you may see some resemblance between the tot and the teen years. Both stages can be turbulent as the quests for independence and identity take place. By understanding the dynamics of the many physical and emotional changes that occur with adolescents, parents often help calm the stormy seas of this exciting rite of passage into adulthood.

Part 2: "How Can I Engage My Teen in Conversations and Keep Them from Tuning out?" (3/03)

Ever feel like your teen has tuned you out? Wonder how come you have to repeat the same thing over and over again? What are some of the effective ways to facilitate better communication with your teen? We will discuss ways to improve communication with your teens and try hands on practice.

Part 3: "Managing Your Teen's Difficult Behavior" (3/19/03)

Children grow to be responsible adults as they develop self-discipline. It is important for children to have parents set appropriate limits and boundaries, so they learn to regulate their behavior on their own. Parents can be more successful with their attempts to manage their teen's difficult behavior as they learn to establish clear family rules, giving logical consequences, and reinforcing positive behavior.

Part 4: "Giving Consequences and Reinforcing Positive Behavior" (3/26/03)

Children formulate their frame of reference through the experiences of having consequences for their actions. Using natural/logical consequences can help manage a teen's difficult behavior if used consistently. We will discuss ways to use consequences to impact on a teen's behavior.

Part 5: "How to Avoid the 7 worst Things Parents Do" (4/2/03)

What are some of the worst things we do as parents? How can we avoid the things that we do not help our children, instead do things that will help them? We will look at Dr. Friel's approaches and try to come up with some practical strategies in working with our children's behavior.

Part 6: "Raising Drug Free Youth in the 2000's" (4/9/03)

It's different raising a teen now than it was 20 years ago. With school violence, crack, and AIDS, teens are faced with tougher pressure than our generation. "Do I want to take drugs? Have sex? Join a gang? Stay in school?" Even the best of kids find themselves overwhelmed with the struggle. Let's discuss ways we can help our teens answer these tough questions.

This week on...

Sat. Mar 1- Men's College BB Army vs. Navy
AFN Atlantic 10:00 PM

Tue. Mar 4- Movie: "Entrapment"
AFN Atlantic 8:00 PM

Wed. Mar 5- Bachelorette (Season Premiere)
AFN Atlantic 8:00 PM

Wed. Mar 5- Fear Factor (Season Premiere)
AFN Atlantic 9:00 PM

Fri. Mar 7- The Simpsons (Season Premiere)
AFN Atlantic 7:00 PM

CATCH 'FEEDBACK' 1ST&3RD WEDNESDAYS
OF EACH MONTH AT 6:30 PM

ZFM 106.0 NOW PLAYS COUNTRY AND
WESTERN 9-11AM

myafn.net

Fri. Feb. 28

Go on a shopping trip to Catania with ITT.

Come to Blast and join in on the fun. Children and staff members will sit down for story hour and read about African American History.

Teens enjoy an evening out in town with friends. Permission slips required.

Sat. March 1

Go on a hike of the month with AU to Pantalica Gorge. See rock tombs that date back to the 13th Century B.C. Don't forget to bring your hiking boots and camera.

Visit the ancient town Palazzolo known by its baroque architecture and Greek Ruins. Don't forget to call ITT.

Sun. March 2

Join ITT for the Acireale Carnivale or visit Taormina and Giardini Naxos.

Buy tickets from ITT for the opera musical Il Barbiere di Siviglia by Gioachino Rossini.

Tues. March 4

Stop by Take 5 at noon to compete in UNO tournaments for a chance to win prizes.

There will be a Boys and Girls of America Torch club from 4 to 5 p.m. at 205.

Weds. March 5

Join in on the fun at Teen Center for after school challenges.

Teens don't forget the Science Club at 205 from 4 to 5 p.m.

Thurs. March 6

Tour Ficuzza with ITT, once home to the Royal Hunting Palace of Ferdinand III of Bourbon, once the ruler of Sicily.

Youth Basketball League Tournament starting today. Open for 11 to 14-year-olds only.

SEABEE Ball

Tickets for the SEABEE Ball, March 15, are now on sale. There will be free T-shirts and wineglasses with every ticket bought. Prices are as follows:
E-5 and below \$10.
E-6 \$15.
E-7-O4 \$20.
O5-O6 \$25.
DOD/GS \$20.
UA3-UA1 \$15.
UA4 and all UC \$10.
Call 624-6912

CFC from front

ers,” said Davison.

NASSIG did well in the 2002 campaign. ““It turned out great. We had approximately a ten-thousand-dollar increase over last years totals for the Sigonella community,” said Clarke. In all, the Sigonella community raised \$181,819 in the campaign, compared with \$171,626 in 2001.

Participation in the campaign was a key to it’s success in 2002. “There was a participation rate of 48 percent, which means out of all eligible people here in the Sigonella community, tenant commands and NASSIG, 48 percent of them gave something, which is a really great number,” said Clarke. The average participation rate in the European Command, in which Sigonella is a part of, was 39 percent in 2002. “The big thing to be proud of is the 48 percent participation rate,” said Sassman. “Anytime you can get virtually half of your potential donors on the base to give, that’s simply an outstanding thing.”

“And that’s what we look at in terms of managing the overall program,” added Sassman. “We really put all our emphasis on participation. It’s not how much you give, it’s taking the time to give whatever you feel like you can give to charity.”

EUCOM is doing well in the 2002 campaign. “Last year the European Command raised about \$5.4 million. This year the preliminary results show we’re over \$6.1 million given to charities,” said Sassman.

Clarke said some of the donations will ultimately benefit Sigonella. “One thing I think we did really well with this year was even if you didn’t know who you wanted to give to, and you still wanted to give, we donated to the Family Support and Youth Program. That money is an overall pot that comes directly back here to Sigonella,” said Clarke.

In Clarke’s first year volunteering for the CFC, he said he is happy with the outcome. “I was very impressed with and proud of the support and the energy that people put into this. People were very unselfish with their time, and I just want to thank the Sigonella community for that.”



Team PTI (Pardon the Interruption), consisting of members from assorted departments, reacts to a question given to the Team from the Public Works Department during the “Black Facts Knowledge Bowl” held at Jox Sports Bar on Feb. 21. PWD took first place, followed by PTI. The Chiefs Association Team from COMSTA took third.

PKI is coming to NASSIG to help maintain OPSEC!

Imagine if you will, Joe Doe has just decided to send an email to John Smith stating, “USS Neversail has arrived in Sigonella and will be here for the next several weeks”. Little did they know, Todd the Terrorist intercepted this message. Since the message was not encrypted, Todd had the information he needed to alert his cell to attack the USS Neversail. This is only a scenario!! However, For Official Use Only (FOUO) electronic information is able to pass via an unsecured network on a daily basis.

The use of Public Key Infrastructure (PKI) can help maintain OPSEC by providing a more secure way of passing FOUO information or pertinent information that does not warrant security classification.

The Assistant Secretary of Defense, C3I (Command, Control, Communications and Intelligence) mandates that all Department of Defense Commands be capable of using DOD Public Key Infrastructures

certificates by October 2003. He further mandates that all email from .mil addresses be digitally signed, and all .mil and .gov Web sites have client-server authentication capability. The Department of Defense definition of PKI is the framework and services providing the generation, production, distribution, control, accounting, record keeping, and destruction of private key pairs for authentication, electronic signature, and encryption/decryption.

What does that means to you? It means PKI provides four main services that comprise an effective privacy and trust infrastructure:

- a. **Authentication.** Verification of the identity of a user or resource trying to gain access.
- b. **Integrity.** Protection against unauthorized modification or substitution of information.
- c. **Confidentiality.** Protection against outside access.
- d. **Non-Repudiation.** Prohibits an individual

from denying that he/she signed a document or sent a message to a contract or a communication link. If needed, it can provide proof that the originator furnished the signature and electronically signed a message or document.

As we move farther into the electronic age, the need for DATA protection increases with each stride. PKI, along with the Smart Card or Common Access Card (CAC) (military identification card), ensures individuals will be able to electronically sign e-mails, memorandum, documents, instruction and the standard navy request chit.

NCTS Sicily and NASSIG ITD Department working with SPAWAR, will begin PKI implementation in the next several months to fulfill the requirement by ASD C3I. The Regional Training Authority at our Base Education and Training facility will begin providing PKI training for implementors on Feb. 25 and user training will continue to be available every week.

Trivia Answers

- 1)Ants and sharks
- 2) 15 minutes
- 3)Cuba
- 4) John
- 5)A Squidger

SPORTS

March 3				March 5			
Comsta				VP-8			
AIMD Gold	5 p.m.			AIMD Blue	6 p.m.	AIMD Gold Supply	5 p.m.
						Comsta VP-8	6 p.m.

European Forces Swim League Championships

By Doug Hasselbring

The European Forces Swim League Championships were held at the Olympic Swim Hall (the site of the '72 Olympics) in Munich, Germany on Sun, 16th Feb. Swimmers all over Europe began the season back in September, and have competed in meets throughout the continent. Sigonella’s newly formed team, the Swordfish, applied for EFSL membership in Aug/Sept, were accepted and swam meets in Vicenza and Naples. The 30 swimmer Sigonella team braved up and down pool temperatures all winter at NAS II to have 17 kids achieve Munich qualifying times, many in several different events.

The Swordfish competed in Munich as one of the smallest teams with 18 swimmers, and finished in 11th place with 2 golds, 4 silvers and 4 bronze medals. Complete individual results have not yet been posted, so the following are the Sigonella swimmers who competed, and their respective placings if they were in the top six. Lauren Blount: 2nd 100M Breast & 4th 200M IM, Sunny Blount: 2nd 50M Breast & 3rd 50M Free, Amanda Clagett: 5th 50M Fly, Heather Claggett: 4th 50M Breast, Janey Fortner: 2nd 50M Free & 2nd 50M Back, Keri Fortner, Zach Zazman: 5th 100M IM, Marely Kittle, Kally Kuehler, Jaquelyn LaFave, Jessica LaFave, Anthony McKeown: 3rd 50M Back & 3rd 50M Fly, Garrett McKeown: 1st 100M IM, 1st 50M Back & 3rd 50M Fly, Brooke Ostrom: 3rd 100M IM & 6th 50M Free, Jake Ostrom, Tom Updike: 4th 50M Breast & 6th 100M IM. Congratulations to our entire Sigonella Swim Team and head coach, Rich McKeown. Go Swordfish!

Racquetball Tournament C League Final Results

- 1st place Chavez
- 2nd place Greene



The Lane Free Tennis Clinic

Monday March 31 to Friday April 5, there will be a free tennis clinic at the NAS II courts. Learn basic skills and the rules of this great, lifetime sport.

3-on-3 Basketball Tournament

Saturday March 29 from 10 a.m. to 4 p.m. at the NAS II gym. there will be both men’s and women’s division in this double elimination tournament. Registration ends Wed. March 26. Sweatshirts will be awarded to the top three teams.

T-ball/ baseball coaches meeting

Individuals interested in volunteering to coach T-ball or baseball should attend one of the meetings at the activity center March 3, 10 or 17

Intramural Basketball final standings

	W	L	
Supply	11	1	Post sez
Admin	11	1	March 3.
Khaki	10	2	
AIMD	7	5	
Dental	7	5	
Operations	7	5	
Comsta	6	6	
VP-8	5	7	
PWD	2	10	



Q & A

What school did John Heisman first coach for?

Oberlin College in Ohio. He started coaching there in 1892.